

# Self-Care Checklist

## Self-Care Categories

- Physical health
- Mental health
- Emotional health
- Spiritual health

## Daily Routine Self-Care Checklist

- Enough *quality* sleep
- Regular healthy meals
- Regular exercise
- Plenty of fresh air on a daily basis
- Keeping in touch with love ones
- Drinking enough water
- Time for a daily bath or shower

## Needs to Meet in a Solid Self-Care Checklist

- Relaxation
- Calm and inner peace
- Personal development
- Mindfulness and exercise
- Intimacy
- Connection
- Value and worth
- Sensuality

## Create Your Own Self-Care Ideas

# Self-Care Checklist

## More Self Care Checklist Activities and Ideas

- Get up early to watch the sun rise.
- Take yourself for a walk somewhere beautiful.
- Sign yourself up for a class you've always fancied.
- Visit the sea.
- Indulge in your favourite food.
- Meditate.
- Book yourself a night away in a gorgeous hotel.
- Go on a solo date.
- Pick up a book you've been meaning to read.
- Listen to an inspiring podcast.
- Go for a run.
- Treat yourself to new underwear.
- Do some mindful colouring.
- Cook your favourite meal from scratch.
- Take up a new hobby.
- Take yourself off to a coffee shop, just because, and treat yourself to an indulgent drink while you people watch.
- Learn a new language.
- Binge watch your favourite show.
- Write a gratitude list.
- See a physio about any niggling pains.
- Have a home spa with bubble bath, essential oils, and a face mask.
- Treat yourself to some beautiful new pyjamas or slippers.
- Watch your favourite chick flick. Again.
- Go on a solo holiday to a place you'd love to visit.
- Get a fabulous new haircut.
- Purchase some beautiful new stationery!
- Flick through a favourite magazine.
- Go for a swim (bonus points for a river, lake, or ocean dip!).
- Do some drawing, painting, or colouring in.
- Take a nap. Treat yourself to that item you've been waiting to go in the sale.
- Indulge in cloud watching.
- Play with a child and allow yourself to get super silly.
- Do some gardening.
- Stretch; find a sequence for full body or a specific area and take your time.
- Do something cultural, just for you: visit a museum, gallery, or exhibition that interests you.
- Be bold and delete your social media! (Or just boycott it for a whole day/week.)
- Reduce (or even eliminate!) screen time for a whole day.
- Write a letter to someone special.
- Treat yourself to your favourite fresh flowers.
- Book a course in anything that interests you; you could learn to make luxurious chocolates, how to code, to create perfume, to become a trapeze artist – whatever you fancy!
- Lay out under a dark, clear sky and watch the stars.
- Listen to your favourite music and dance.
- Go somewhere beautiful and watch the sunrise.
- Go somewhere beautiful and watch the sunset.